THE LEMON GROVE REVIEW

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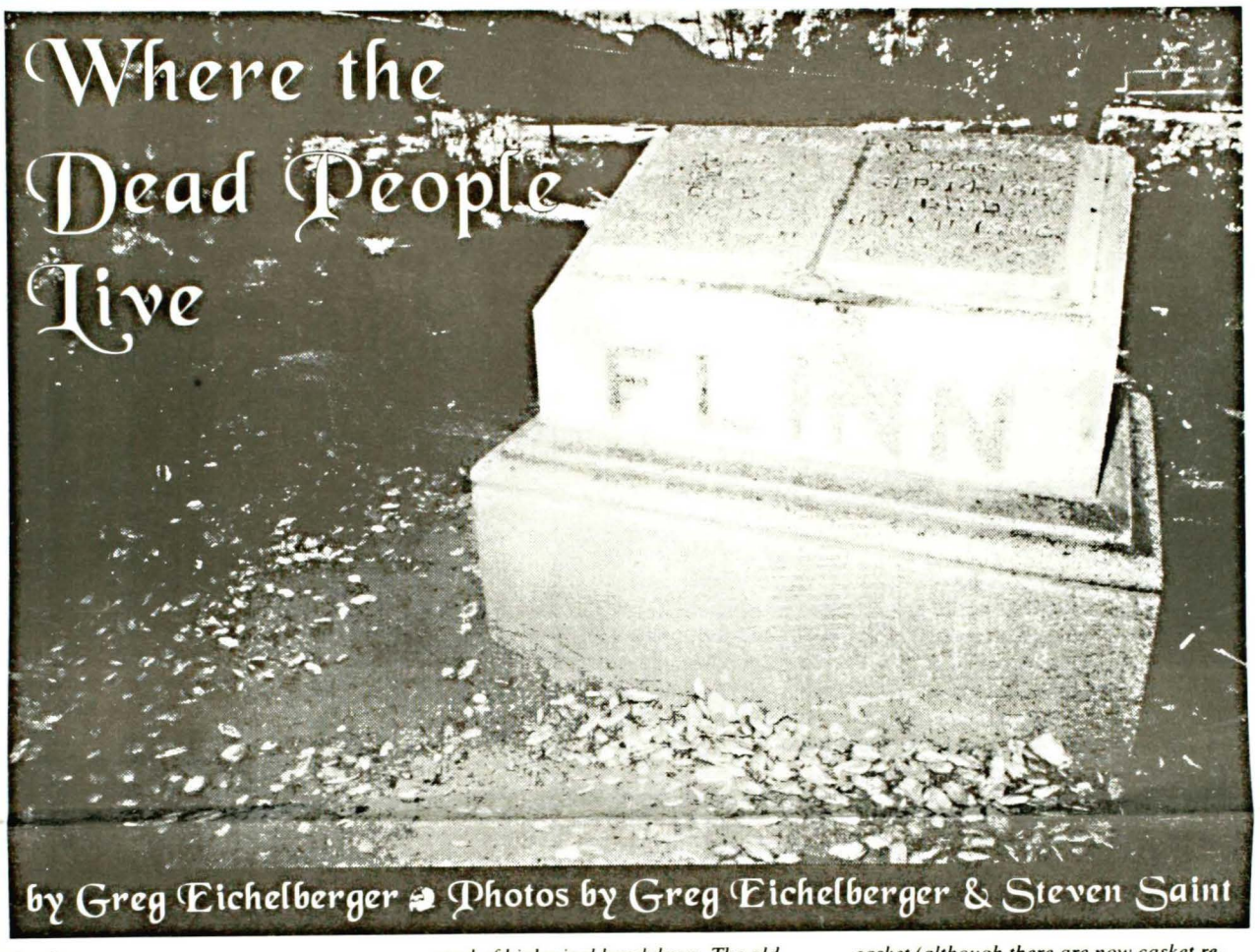
BETTY JO SCREAMS IN THE DARK

Where the Dead People Live



by Greg Eichelberger • Photos by Greg Eichelberger & Steven Saint

No venue on Earth can send the chills up one's spine or cause the goose bumps to sprout more than a cemetery or — for more Gothic readers — a grave yard. To you and I, it's just a final resting place of those who've traveled before. But to Edgar Allen Poe, Charles Dickens, R.L. Stine and other literary minds, it's the stuff of which great horror stories are made.

The cemetery was once the heart of the community, usually immediately adjacent to the local parish. They were social scenes for weekend gatherings, precursors to public parks.

That's why one 17th-century New Englander had the epitaph, "WHAT YOU ARE NOW, I ONCE WAS; WHAT I AM NOW, YOU WILL BECOME," etched on his headstone — he knew people would be strolling by to read it.

Twentieth-century America changed all that. Death was banished to the fringes of civilization. Dying became a business in the hands of professionals. There isn't one cemetery within the urban limits of East County and, according to a few old-timers, there never was.

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Besides having a way with words, our ancestors also had an acute sense of their own (and their descendants) mortality. Death, the great equalizer, the Grim Reaper, the guy who kicks our buckets, punches our tickets and buys our farms, is waiting for each and every one of us. Patiently tapping his bony fingers and biding his time, while we do everything in our power to avoid him.

But Man has always been of two minds about death. One one hand, the black-garbed, scythe-carrying Reaper, on the other, the shiny, smiling face of St. Peter welcoming us to everlasting Paradise.

To me, death is like the start of another Chicago Cubs baseball season. I don't look forward to it, but there's really nothing I can do about it.

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Rural East County has innumerable ranches and other pieces of property, overgrown with weeds and brush, that contain bodies. Descanso has the Ellis Cemetery and there's one in Flinn Springs. The Flinn Springs site is hard to find and the neighbors in the surrounding mobile home park would like to keep it that way.

The last vestige of old-fashioned burial tradition can be found among East County Indian tribes. To this day, the Barona Band of Mission Indians dig graves by hand and hold vigils (when the family requests them) or wakes in the home the night before. There is singing, chanting and dancing, and three days later, the ritual burning of clothing and other material possessions.

The Sycuan Indians maintain a small cemetery on a slope above the creek. The graves are marked with rows of plain, wooden crosses. During the second week of June, tribal members pull weeds and decorate the crosses with crepe-paper flowers.

To commemorate the Day of the Dead in early November, they light candles and offer prayers. Both spring and fall ritual are marked by feasting, singing and gourd dancing.

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In terms of modern burial, there are three main cemeteries in East County. The oldest is the El Cajon Cemetery on Dehesa Road, established in the late 1880s. It is a 12-acre plot of land that was recently expanded and now holds about 8,000 departed individuals.

It began as a non-profit business to provide a last resting place for some of the early ranchers, migrant field hands and pioneers who frequented the East County over a century ago. For the past 30 years it has been supervised by Alan House, an affable chap who certainly doesn't fit the stereotyped grizzled caretaker, lurking with a shovel and a lantern by the dark of night.

Nor is 32-year-old Carl Williams, head honcho of the Alpine Cemetery (at the end of Victoria Drive). This rustic, Boot Hill-type facility sits atop a bluff and gives visitors an idea of what it must have been like when horse-drawn hearses brought the coffins up from what is now El Cajon, Lakeside and surrounding vicinities.

The parcel was given to the community by the Arnold family in the early 1900s. It was originally intended for residents only, but that preclusion was waved years ago. Now, to be planted here, all you have to do is buy a plot (the hard part) and then die (the easy part).

More than 3,000 once vibrant souls now rest in this perpetual care oasis, with several wooden markers (much aged by time and worm holes) still intact to indicate their location.

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Since we are organic, when we stop living, we start down that long and winding road of biological breakdown. The old "ashes to ashes, dust to dust" sort of thing. To avoid this for a time, science has come up with the art of embalming (close to what the Egyptians discovered 5,000 years ago with mummification, only for a different reason).

After we die, the bacteria that live in our bodies begins to eat everything, *releasing gases that could blow up the corpse like a balloon. Eventually, things that were once solid begin to liquefy. Who wants to look at a mess like that?!*

To alleviate this, a Manhattan coroner named Thomas Holmes became the first American to use embalming fluid in the 1840s. Before that, U.S. undertakers had to pack the body on ice and hold the services as quickly as possible. Holmes perfected his work during the Civil War (a boom period in the death trade), preserving fallen soldiers for the long shipment home in "modern" metallic coffins.

To correctly preserve a body, ALL fluids must be drained and replaced with a variety of anticoagulants, humectants and disinfectants, all of differing strengths. Sometimes you have to repeat the process several times. But before all of that, the corpse must be washed and even the hair shampooed. Then, before the viewing, a cosmetologist puts the finishing touches on the guest of honor so people can say how "natural" he or she looks.

Even after all of this, the body will still *decay if not buried within a certain amount of time.*

It's not the kind of job I'd want, but someone *has to do it. And there's plenty of incentive to do it. The cost of such procedures are rising every day. An average funeral can set you back up to $10,000, what with chaplin's fees, music, flowers, casket (although there are now casket retailers to eliminate some of this expense), cemetery work, limousine and the above-mentioned embalming.*

And that doesn't even include the burial plot, which can run from $500 and up.

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Alan House and Carl Williams remember the days of digging the graves by hand, using just a jackhammer and a shovel to get the sides nice and straight. It often took two men most of a whole day.

Today, however, with less time to do the job, they employ a backhoe. It doesn't matter if it's not perfect because casket lowering machines tend to hide everything, anyway. So it's not so much a grave anymore, it's just a *hole*.

Even the headstones, once elaborately-carved markers adorned with angels, skulls, crosses or winded heads with witty and thought-provoking epitaphs have given way to square blocks of granite or ordinary flat stones inscripted with only names and dates.

Both the El Cajon and Alpine Cemeteries are owned by associations. In other words, when you buy one or more plots, you become an owner yourself (probably the only way many can afford land in California). The business itself is overseen by a board of directors, who meet, at the grave yards, once a year, but *not* on Halloween.

House said that the business is still plagued by grave-robbers. The modern raider, however, is not looking for gold teeth or bejeweled booty. A few years ago, on Friday the 13th, a group came to the El Cajon Cemetery and dug up a grave.

"They actually reached bone fragments," said House, noting that the coffin

Continued on Page 4

M is for Mayor

Personal comments of Mayor Mary Sessom

New area codes could divide East County

We have close family friends that live in Australia. We don't call them often because of the cost. Family friends also live in La Mesa. We call them often because it doesn't cost to do so. If the California-Nevada Code administrators have their way, those friends in La Mesa will be a new area code away.

Why should we in Lemon Grove be concerned about La Mesa's new area code? After all, the phone calls won't cost any more money and trips to La Mesa won't take any more time.

La Mesa and Lemon Grove are part of an area we all call East County. When San Diego residents think of East County they have a geographic area in mind that includes these two cities, El Cajon, Santee, Spring Valley, Lakeside and the rest of the unincorporated area. Residents of East County identify with the same geographic area. If I need to shop for something I can't find in Lemon Grove, I think of La Mesa, Spring Valley or some other place out here. I don't automatically think of Mission Valley or Clairemont Mesa. My guess is that most of the residents of East County think the same way.

Regional identification can be a positive thing. It makes it easier for communities to unite for the purposes of sharing resources. For example, our fire protection is better because all East County fire departments have agreed to cover for each other when needed.

The East County was ignored by the Republican National Convention. We did not appear on any of the "things to do in San Diego County" maps. Consequently, we lost tourist dollars. That won't happen again. All East County communities got behind our regional visitor's bureau and planned an event that has been sanctioned as an official Superbowl event. We also made sure we were included as presenters at the San Diego County Ecotourism Summit.

But regional identification is more than just good for business or for saving money. Standing with each other as a region makes us good neighbors – hopefully, the kind that will help each other out when asked. Lemon Grove is a small city, but as part of a region it can sit like a gorilla – anywhere it wants.

San Diego is facing major changes over the next 25 years. The population is expected to increase by 1,000,000. The average income will not keep pace with the rest of the United States. Manufacturing jobs are projected to decline dramatically. These additional people will need places to live and jobs. It is in Lemon Grove's best interests to make sure that we can control our city's development in the future. Good neighbors can help.

Let's keep the East County region intact. Let your opposition to the new area code split be heard. Write to the California Code Administration, 2600 Camino Ramon, Room IS900U, San Ramon, CA 94583 before Nov. 24.

Community Notes

City Manager to address Historical Society

City Manager Douglas Yount will address the monthly meeting of the Lemon Grove Historical Society at 1:30 p.m. on Nov. 6 in the Lemon Grove Library, 8073 Broadway. Following a short business meeting, Yount will discuss capital improvements, redevelopment, and the long range goals of Project Our Town, Paint Lemon Grove, performance based budgeting, interaction between the Historical Society and City Hall in running the Parsonage, and other important aspects of city life.

Committee chairs will report on The Parsonage, Educational Outreach, the Sesquicentennial and Ways and Means. Mr. and Mrs. H. Long will formally present turn-of-the-century salt-glazed and ormolu pottery to the society's artifact collection. Refreshments will follow the meeting. The public is invited to attend.

For more information, 463-9193 or 462-6494

Saint John's holiday bazaar set

The Saint John of the Cross Women's Club will hold its annual holiday bazaar this weekend. Hours will be from 9 a.m. to 7 p.m. Saturday and 8 a.m. to 1 p.m. Sunday, at the church parish hall, located at 8086 Broadway in Lemon Grove.

Holiday decorations, baked goods, religious articles, children's and baby items will be on sale. There will be a drawing for prizes at 1 p.m. Sunday.

Libraries seek volunteers to teach internet use

San Diego County Libraries are looking for internet volunteers to help adults and children learn how to use the Internet. The following branches are looking for volunteers: Casa De Oro, 9628 Campo Rd., #L; El Cajon , 201 E. Douglas Ave.; Lakeside, 9839 Vine St.; La Mesa, 8055 University Ave.; Spring Valley, 1043 Elkelton Blvd.

A training and orientation class will be held from 9 - 11 a.m. on Nov. 8 and 22 at the El Cajon Branch Library, 201 E. Douglas Ave. in El Cajon. Those attending the orientation should enter the library at the side door on the east side of the library. The door is by a walkway and is across from the Senior Center. For details call Brenna Ring at 579-4454.

***For advertising rates* call Dan at 461-4306**

WEATHER

The following information was provided by the National Weather Service.

		High	Low
October	22	74	58
October	23	72	62
October	24	71	60
October	25	81	50
October	26	80	47
October	27	-	-
October	28	76	50

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All advertising is subject to current rate card. The publisher reserves the right to reject an advertiser's order.

Only publication of an advertisement shall constitute final acceptance.

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Lemon Twist

by Cheryl Cohen

If you've got cable TV, don't miss out on The Short List, the nation's only weekly showcase for international short film, video and people under 5'5," which is produced by our own Emmy-winning Jack Ofield in The Production Center for Documentary & Drama at SDSU. The 26-part, half-hour series combines nearly 100 comedies, dramas, documentaries and animation from 40 seconds to 20 minutes long by new and established film makers, packaged with original music and graphics. The series starts on Cox Cable Channel 4, Monday at 9:30 p.m. (And Randy Newman said, "Short people got no reason to live!")

Tune in on Nov. 6, 1:30 p.m. in the Lemon Grove Library to hear Doug Yount address the LG Historical Society and explain performance-based budgeting, capital improvements, redevelopment and the ever-ethereal long-range goals of Project Our Town.

Feel free to ask him exactly where Project Our Town is, or how much we're spending on capital improvements for the redevelopment there. Then sit back and watch his eyes roll to the back of his head. fun stuff! Refreshments will follow the meeting, but if you hang back, they'll catch up to you. For more information, please call 463-9193 or 462-6494.

Internet Update: ECEDC's grant-heavy and URL-light web site, The Connect-ory, still has no Internet address as of this writing, which means you may be able to see it in their presentations, but you can't use it. Last we heard, they said they'd be up and accessible by Sept. 30, and then at the last LG City Council meeting, they said it would be the following day, which would have meant Oct. 22. They also have only covered 15 of the 63 manufacturing companies for the web site's in-depth profiles, and plan on doing three to four of the two-hour long interviews per week. At that rate, they'll take about six months to complete them. But, not to worry, according to ECEDC's Sue Hunter. "This is a yearlong project," she explained to council.

Fire Services Contract Update: Let's see ... On Oct. 16, council approved a contract with "provisions." San Miguel Fire District came back with "changes," which council announced as approved at the council meeting on Oct. 21. Then, a bunch of really panicky scurrying around happened, and whatdya know, it's not approved after all — again.

On Oct. 23, there was another meeting, where council discussed its changes to San Miguel's changes, and the conditions under which they felt everything would end up approvable. Nothing serious, according to council. Just take out a fire inspector here, and insert another one from over there ... no wait, make that from someone on the payroll here, (even though we just got rid of someone specially trained for that job who was already on the payroll here) and keep the office in Lemon Grove open – as long as there's someone on light duty (on the injured or worker's compensation list).

But, if everyone's healthy at the same time, better hope someone retires early, or quits, because they counted the wrong number of firefighters that are being transferred over to San Miguel, and it's going to cost more money! No problem ... we can save some bucks with the secretary we won't be needing anymore now that there'll be a light-duty firefighter answering the phone, and for all practical purposes, it's all approved - with the exception of a few "clerical" details, and other language changes.

Thanks, but I think I'll wait 'til the fat lady sings, and everyone's signature is on the dotted line before I buy into any "approval" conversation this time.

Send info about your special events, meetings, and contract approvals to The Review, or directly to me at 264-3153 (msg.), 264-4180 (fax), or cirious@cts.com (Internet). And, if you can't approve of something, please — put it in writing, as a "Letter To The Editor"!

Lemon Grove Almanac

1994 Population:	**25,100**	City Manager:	**Doug Yount**
Incorporated:	**1977**	Planning Director:	**Jim Butler**
Area:	**3.75 sq. mi.**	City Attorney:	**Gloria McLean**
Median income:	**$34,399**	City Clerk:	**Christine Taub**
1996-97 city budget:	**$26.3 million**	Sheriff's Capt.:	**Yolanda Collins**
1996 taxable sales:	**$265 million**	Fire Chief:	**Dale Chamberlain**
Mayor:	**Mary Teresa Sessom**	Congressional district:	
Council:	**Thomas Clabby**	**52nd - Duncan Hunter**	
	Craig Lake	State Senate district:	
	Dwight Shelley	**40th - Steve Peace**	
	Jeff Jandura	State Assembly district:	

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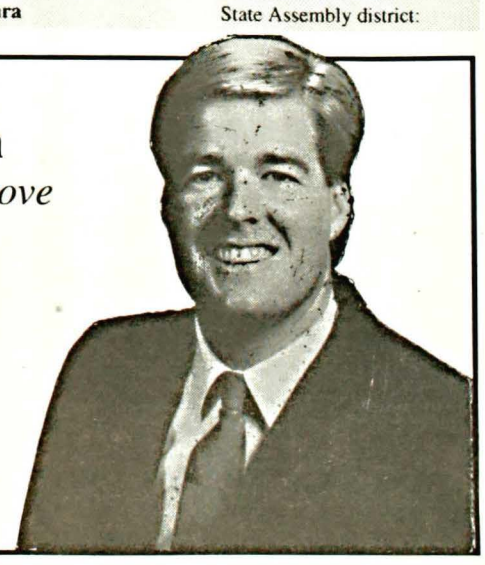

San Diego Press Club honors writers

Three East County journalists, including Forum Publications regulars Steven Saint and Joe Naiman, received awards for newswriting last week at the annual banquet sponsored by the San Diego Press Club.

Saint placed second in the Political/Government category among non-daily newspapers for his groundbreaking piece on residency and elected officials entitled, "The New Carpetbaggers."

Naiman also received a second-place award in sportswriting for a rodeo story which appeared the *Ramona Sentinel*.

Genie Thompson of the El Cajon-based *Senior World* won

THE NEW CARPETBAGGERS

first place in the Criminal Justice Reporting category for her piece, "New elder abuse unit taking prisoners."

Steve Schmidt of the *Union-Tribune* won first place in Education Writing among daily papers for a story entitled, "Educating Ivan." The article chronicled a day in the life of a Helix High School freshman.

La Mesa City Councilwoman Donna Alm was installed as the press club's new president. Alm does public relations for the Centre City Development Corporation.

The winners were chosen from more than 800 entries judged by press clubs in Cleveland, Ventura, Milwaukee and Central Florida.

Congratulations writers!

Reel Thoughts

Your 1997 Halloween movie guide

by Betty Jo Tucker

Some people just can't get through Halloween without a scary movie fix. Luckily, this year they can choose from five such films now playing at local cinemas.

Here's my reaction to each movie, complete with a "fright rating" based on the number of times I screamed while watching it.

1. "I Know What You Did Last Summer." This teenage horror flick shows a mysterious fisherman stalking four young people who secretly disposed of a body the previous summer. The movie's last few thrill-a-minute scenes keep us on the edge of our seats and almost make up for a lackluster beginning. Anne Heche of "Volcano" appears in a creepy cameo.

2. "Switchback." Reminiscent of Alfred Hitchcock's classic suspense-filled movies, this outstanding psychological thriller stars Dennis Quaid as an FBI agent on the trail of a serial killer who has kidnapped his son. Quaid gives his best-ever performance and is ably supported by Danny Glover, H. Lee Ermey, and Jared Leto.

3. "The Devil's Advocate." This smart supernatural thriller features Al Pacino having a devil of a good time playing a modern Satan and Keanu Reeves looking lean and hungry as a young lawyer attracted to evil because of his excessive vanity. The film includes great special effects, but strong language, explicit sex scenes, and nudity make it especially inappropriate for youngsters.

4. "Kiss the Girls." About as frightening as bobbing for apples at Grandma's house, this crime drama is still worth seeing for Morgan Freeman's thoughtful portrayal of an investigator hoping to outsmart a serial killer who targets attractive, talented young women like Ashley Judd.

5. "The Edge." In one of the scariest (and best) movies of the year, airplane crash survivors Anthony Hopkins and Alec Baldwin face danger in the Alaskan wilderness. The film's most chilling scene involves a giant Kodiak bear terrifying both men as they huddle around a campfire. Hearing those eerie growls causes us to shiver right along with the two horrified men.

After seeing any of these films, don't forget to lock all your doors and look under the bed when you get home. But no sweet dreams, please. Instead, have a spooky Halloween nightmare!

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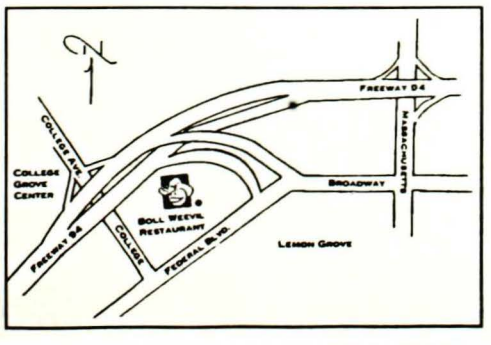


PG Perspectives

by Phillip Giannangeli

being P.C.

The quest for some sort of ongoing political correctness in our language rolls right along. It may be like beating a dead horse - whoops, that should have been "administering a strong deterrent to a no-longer viable equine representation" - but the practice continues and even develops more comical strains than the aborted attempt to reclassify history as *her*-story. My most recent encounter in this realm of the absurd involves the use of the word ombudsman.

Ombudsman is a word borrowed from the Swedes. It loosely translates to mean a representative who hears citizens' complaints against government agencies accused of infringing on an individual's rights. The concept has been around for a long time and has now been expanded to encompass one who represents classes of people versus a corporation or someone who acts as a mediator or referee between individuals in conflict. Individuals or parties in conflict can range from those with a complaint about the bias of a news story to those threatening to sue each other because of some perceived overstepping of boundaries. Anyway, the word ombudsman now has (at least in one setting I attended recently) been neutered. The old ombudsman is now the "ombudsperson." Rolls right off the tongue, doesn't it?

Making language more precise is laudable. I'm all for it. I believe, however, that creating words to satisfy someone's cuteness quotient is laughable. I'm not at all for that. Say hello to Ombudsperson.

Lets say that I have a disagreement with the powers that be about an important (to me) issue and I want representation. Where do I go if I want to make a case for maintaining the word ombudsman in its historical sense? Who can I go to to present my side of the argument? The local ombudsperson? Do you think I can get a fair shake from someone called an ombudsperson? I wouldn't bet on it.

Perhaps in order to have a chance at success in my battle against ombudsperson, I'll have to use another cockamamie concept. It's called scaffolding. Scaffolding used to be something that went around a building so painters would have something to stand on while they painted the building. Or it was a platform where window washers stood or sat to ply their trade. Today scaffolding means something like building a case point by point. Kind of like erecting a building, brick by brick and floor by floor. Scaffolding, however, is a term used by many of the same people who are neutering ombudsman. I wonder if this newly developed scaffolding will be strong enough for me to stand on while I'm trying to save ombudsman. I wonder...

"Hey, look out for the scaffolding that's coming up! Move it over by that plank that says STUPID in great big letters. Hook it up to the one that says OMBUDSPERSON on it. Hey, some of you COHORTS (one more of the words being borrowed by ombudsperson people) help me with the SCAFFOLDING I'm erecting in order to build my argument against the changing of ombudsman to OMBUDSPERSON."

All of this is very confusing to me. Sometimes I don't know if I'm building an edifice, talking myself in or out of something, trying to find a new name for my friends and colleagues, or just plain trying to figure out what is what. Words, I once thought, were meant to communicate. I'm not sure that's still the case. Some folks seem to like to dangle them around like decorations while others puff them up to block the view.

How can I fight this? I think I'll try to find to an ombudsman they haven't taken a knife to yet.

Letters to the Editor

You bet I'm angry

At the Grossmont Board of Education monthly meeting on Oct. 18, Dr. Olsen, chairman of the board, explained that the presence of four men, who were being paid $760, was to enforce fire laws because of past overcrowding. I seriously question Dr. Olsen's statement after the following incident. I had remained after the meeting to greet and congratulate Dr. Robert Otto on his return to the district and his new position. While speaking with Dr. Otto, someone grabbed my arm in a rude manner, and I was told to "back up"! I was startled and angry to be treated in such a manner. I was accosted again and told to get back behind the podium. I retorted, "I don't have to; the meeting is over!" Dr. Otto seemed embarrassed and moved on to greet other people. I must have posed a serious threat for the Fire Marshall, all five feet of me, to have warranted being shoved around by a hired person who outweighed me by probably a hundred pounds and was at least a foot taller than I. He showed no respect for me, a senior citizen!

Exactly what does the majority fear that would cause them to hire strong-arm guards? Could it be Mrs. Davies' paranoia? Nothing has been said lately of intimidation or threats. Recently someone tampered with Mrs. Mott's fuse box and plunged her entire home into darkness, shots were fired and recorded over Mrs. Purdy's answering machine, a district employee deliberately intimidated a GEA Officer on the freeway, an illegal entry was made into the office of a special education teacher-employee by someone armed with a camera thereby placing confidential special education student files in jeopardy! How do you plan to protect them? Angry? You bet I am!

ANGELINE HUFFMAN
Lakeside

Where the Dead People Live

Continued from Page 1

had long deteriorated. "But they were so scattered, they couldn't find what they were looking for."

Apparently, the group wanted a bone from the hand and the foot for some Satanic cult rituals. House figures the culprits were "kids," and they were never caught.

House said he's had to exhume corpses because they were accidentally buried with their jewelry. Once the family wished to add a pack of cigarettes to their deceased loved one's grave.

For a while, people were tossing dead chickens and other foul over the fence for him to bury, evidently not realizing that this was a *human* cemetery.

Williams, while on the job a few years less than House, recalls one Halloween night a few season back. He was just making his regular rounds when several white objects popped out from behind a large headstone. After retrieving the living daylights that had been scattered about the grave site, Williams discovered it was some kids waiting to scare some of their friends.

He spoke fondly of the biker funeral in which dozens of the

leather-clad hog riders sent one of their own to the Promised Land by placing enough liquor on top of his casket to hold a major bash. To commemorate the event, they return every year, pour a beer on the grave and chug one themselves.

"The sight of these guys usually scares some of the older visitors away," said Williams with a smile. "But they clean up after themselves and are quite friendly."

On more serene days, his four young children even help him in the care and grooming of the property, thus keeping the cycle of life alive and kicking throughout the generations.

The modern, antiseptic, corporate burial business has finally arrived in East County. Singing Hills Memorial Park, developed by the Security National Financial Group from Salt Lake City, is the first new cemetery built in San Diego County in more than 40 years.

Singing Hills is a six-acre development located inside a 130-acre wildlife preserve on Dehesa Road. Some 500 plots were open for filling almost exactly one year ago, and another 35 acres will be developed as time goes by. At peak capacity, Singing Hills will accommodate 30,000 underground burials and 20,000 in mausoleums and crypts.

Also capitalizing on the need for low cost burial (or scatterings), Singing Hills offers full plots at just $70 and cremation sites at the unbelievable price of $30.

When asked how the group could make money off such low costs, Supervisor Roger Gornichec was straight to the point.

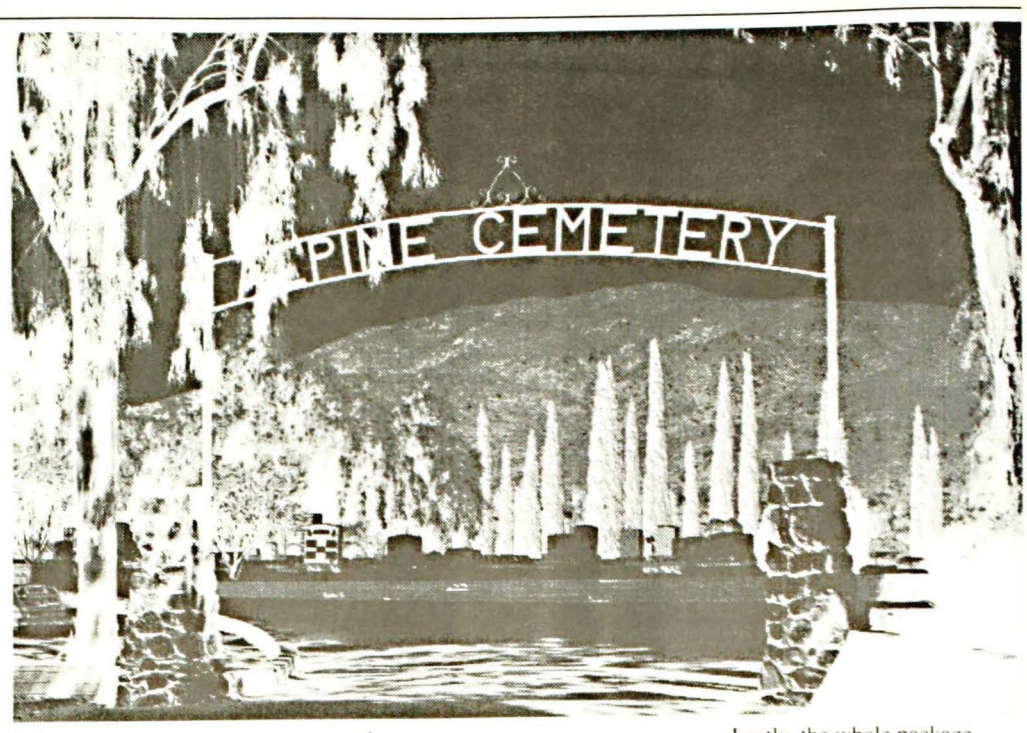
"Simple," he said. "Volume."

Thousands of East County individuals will now be able to pass from this mortal coil safe in the knowledge that there will be a place for them to decompose in peace.

Coming up fast on full body burial, however, is cremation. According to a local mortician, almost 50 percent of all East County deaths are accompanied by this procedure.

This method of human disposal, associated with the Viking's journey to Valhalla, became popular in Britain during the last century. The Catholic Church removed the taboo on such a practice more than 20 years ago. It's relatively cheap cost — less than $1,000 — may have something to do with its popularity.

Cremation is more sanitary and



helps save space.

To cremate a corpse, just place it in an oven pre-heated to 2,000 degrees and bake for two hours. What's left should then be sifted for large or foreign particles and pulverized into a fine powder. The ashes can then be shipped to a family member, placed in a decorative urn, scattered or interred in a local cemetery, poured into the ocean or dumped from an airplane.

Burial at sea is another space-saver, favored by longtime Naval personnel and perhaps Beach Boy Dennis Wilson. Government rules state that the body must be placed in a regulation metal casket, loaded with 100 pounds of ballast (as well as YOU!) and sealed with metal straps. There also has to be at least 10, two-inch holes drilled into the box to make sure it sinks.

Lastly, the whole package must be tossed overboard at least three nautical miles off the U.S. coast, in at least 100 fathoms of water.

Gary Gilmore once said that all of us, from kings to street sweepers, have a date with the Grim Reaper. Who knows, though. Maybe he's a barrel of laughs.

Happy Halloween!

Superstition as old as death

by Greg Eichelberger

Man has, and continues to, exhibit strange behavior all in the name of good fortune. So what better time of year to delve into some of those activities than Halloween, a day steeped in superstitions.

Like Christmas and Easter, the festival of Halloween originated in a pagan celebration, even though the name derives from the Christian festival of All Hallows' (or All Saints') Eve.

Introduced in the 7th Century to honor those saints and martyrs who had no special day to themselves, it was originally held on May 13.

October 31, the eve of Nov. 1, was the last night of the year in the ancient Celtic calendar and was celebrated as the end of summer. Since the late 17th Century, Halloween was incorporated into this celebration with the masks, costumes and candy evolving later.

The superstitions of Man, however, go back much further. Here are a few that range from the practical to the ridiculous. The reader can choose which fits what category.

The Devil was once thought to exist in unleavened bread, consequently, such an occurrence was a disaster (not to mention a rather bland meal).

Slicing off both ends of the loaf was also considered foolish, lest Satan be allowed to fly out and mess up the house.

If a white table cloth is left on a table overnight, that household will soon use it as a shroud (something to cover a dead body with).

Death is a big part of these folk tales. For instance, the old myth about walking under a ladder was associated with a method of hanging from a gallows, as the condemned fell "under the ladder" when dropped.

A bird roosting on a chimney meant death in that house, as did a dog howling at night.

A Jewish child must not be watched while he or she sleeps, nor should a Christian tot be shown his or her reflection before their first tooth. To do this would result in immediate death.

Carrying a shovel through the house means a grave will soon be dug with it. Nothing is said about driving a backhoe through the living room, however.

Thirteen guests should *never* be allowed to sit down at a dinner table. This superstition is generally associated with the Last Supper when 13 were present, including Judas Iscariot, the betrayer of Christ.

Some of these taboos transcend national boundaries, others, though, are peculiar to one country or race.

For instance, in Scotland, three swans flying together portends a national disaster, red and green should never be worn together and a love letter should not be mailed on Christmas Day.

It is unlucky for the Irish to use broken tombstones for the walls of a cottage (it's also illegal here in the U.S., not to mention kind of goofy), while it *is* lucky to spill a drink on the ground.

In Malta, it was the custom for churches to have two clock faces, one showing the correct time and the other a false one, to confuse the Devil (not to mention anyone who *didn't* see the right clock!).

An unmarried Icelander who sits at the corner of a table will not wed for seven more years. Also, a pregnant Icelandic woman who drinks from a cracked cup will give birth to a baby with a harelip. Therefore, it should be concluded, that a pregnant hare who drinks from an uncracked cup will give birth to rabbits with human lips.

In Holland, red hair is a sign of horrible misfortune, as well as extreme unpopularity.

Killing a spider in the morning is bad luck in Japan, but killing one at night isn't. The same goes for Austria.

Death by accident or foul play in China is bad luck, but then again, I guess that could go for any place *else* in the world.

Gypsies believe that it is dangerous to eat food that has been stepped over (or *on*, I might add) or to drink from a stream that a woman has walked over. They also feel that when someone dies, his possessions must be burned.

Moderns have even invented new superstitions to replace the old ones. Keith Hernandez never showered once the baseball season began, and Willie Mays once went a whole year with changing his shirt.

Some superstitions, however, only apply to us in the journalism trade. For example, it is bad luck for a reporter to miss a deadline, but even worse for a reporter to miss a paycheck. An article proofread by Marv Rosen must then be proofread by Steve Saint, lest misfortune occur.

Any story written by Joe Naiman with more than 1,000 words means terrible and lingering death to the reader. And finally, a letter to the editor that does *not* end with "Joe Stern" means the end of the world is at hand.

So, you see, even though it is easy to dismiss a superstition as absurd, only those who have never had a second thought after breaking a mirror (or filing a late story) are fully entitled to do so.

Coping with Halloween sugar overload

Taking candy from a baby may be easy, as the old saying goes, unless it's Halloween. Although there are many good health reasons to restrict children's sugar intake, the holiday makes it a far more sensitive matter.

Bobette Sherman, a certified diabetes educator and registered dietician at Kaiser Permanente Medical Center, says, however, that parents have several good options for coping with the problem.

"Children look forward all year to dressing up for Halloween and trick or treating for all those goodies with their friends," Sherman said. "But, to small children with dietary restrictions, Halloween can be a painful reminder of their limitations and they may feel socially isolated."

Parents can help their youngsters avoid these disappointments. Sherman suggests possible strategies for dealing with the Halloween sugar rush — which may be useful to any any parent who wants to temper children's Halloween candy binges.

• **Friendly exchange.** Allow your child to trick-or-treat, then "buy" the candy back with another, healthy treat or a non-edible item the child desires.

• **Focus on activities.** Organize or attend a 'Halloween Fair' or other events which focus on games and fun activities rather than on candy.

• **The Great Pumpkin.** Small children can be told that the Great Pumpkin gets the candy from their trick-or-treating and that the child may only have a small amount to keep for him or herself.

• **Sweet indulgence.** In consultation with your doctor, allow your child to indulge for the evening. For diabetic children, this will require planning ahead to take extra insulin to balance out the increase in blood sugar that will result from eating sugary sweets.

Sherman points out that some doctors prefer their diabetic patients maintain a very strict dietary regimen and will not approve allowing children with Type 1 diabetes to eat candy.

"In considering this option, parents should consult their children's doctor before making a decision," Sherman said. "In any event, this approach should only be considered a few times a year on birthdays and special occasions."

Sherman also advises parents to use care in substituting sugar-free candy containing sorbitol because too much of the substance can cause diarrhea and other problems.

Halloween Safety Tips

Trick: Dusk is the time of poorest visibility for motorists. At Halloween, excited children may run across the street without looking.

Treat: Help your children be visible! Invest in a roll of reflective tape (available at most drug, variety and automotive stores) and add a "safety stripe" to costume sleeves and legs. Plan for adult supervision when children will be on the streets.

Trick: Costumes are not always planned with children's safety in mind.

Treat: Make sure that masks fit snugly without reducing vision or impairing breathing. Tape or blunt any sharp or pointed toy 'weapons.' Bags and costumes should not drag on the ground. And be sure their shoes are not slippery for climbing porch steps.

Trick: Fire hazards are abundant at Halloween.

Treat: Look for the words "fire retardant" on costume and wig labels. Substitute flashlights for candles. Keep a watchful eye on jack-o-lanterns, and be especially careful of any crepe paper or other flammables around your candle-lit pumpkins.

Trick: We've all seen news reports of candy and other treats being altered.

Treat: Advise your children to avoid this trick by not eating anything until you have inspected their treats together. If you discover anything suspicious, call the police so that other parents may be warned and those responsible apprehended and stopped.

Very scary

Most elementary schools held Halloween carnivals last weekend rather than on Halloween night. Witches, gypsies and hippies all looked pretty safe. *Photo by Paul Treske*

College Board hopes to appoint new trustee soon

The Grossmont-Cuyamaca Community College District Governing Board approved an appointment process Tuesday night to fill the seat left vacant by the resignation of Trustee Carolyn Griffin on Oct. 21.

Griffin did not resign in person, but cited "personal reasons" in a resignation statement read by Board President Rebecca Clark.

Calling a special election to fill the vacancy would cost the district more than $320,000 because of the large number of ballots and polling places needed to cover the district.

"In light of these costs, the board selected the appointment process," Clark said. "In using this process, we want to be certain that we make all decisions in a format that is both very open to the public and fair to everyone who wishes to apply."

Chancellor Jeanne Atherton said that each step of the selection process will be conducted in open session. The person selected by the Governing Board will serve until the next regularly scheduled election, which is Nov. 3, 1998.

Governing Board members selected criteria to use in evaluating each applicant. They also discussed questions to ask candidates in order to obtain information about their backgrounds and interests.

Interested citizens may obtain application packets at Grossmont and Cuyamaca colleges.

The pick up sites include the Governing Board office in the district administration building at the north end of Grossmont College, 8800 Grossmont College Drive in El Cajon.

Applications are also available at Cuyamaca College's president's office, which is located in the F Building in the heart of the college off Rancho San Diego Parkway in Rancho San Diego.

Packets may also be picked up from 8 a.m. until 5 p.m. Monday through Friday at the *Daily Californian* offices, 1000 Pioneer Way in El Cajon.

Applicants must be 18 years old, registered voters and residents of the Grossmont-Cuyamaca Community College District. The district encompasses the following public school districts: Lakeside, Santee, Cajon Valley, La Mesa-Spring Valley, Dehesa, Alpine, Jamul-Dulzura, Mountain Empire and Grossmont Union High School.

Candidates will be asked to submit a cover letter, resume and written answers to a list of questions prepared by the Governing Board.

The deadline for returning applications is noon on Nov. 13. Packets must be returned to: Grossmont-Cuyamaca Community College District Governing Board Office, 8800 Grossmont College Drive, El Cajon, CA 92020.

Names of the applicants will be released on Nov. 14. The Governing Board has called a special meeting at 3 p.m. on Nov. 20 to review the applications and select a group of finalists.

After interviewing the finalists, the Governing Board plans to select the new trustee at its Dec. 2 meeting which will be held at Grossmont College.

For more information concerning the application process, call the Public Information Office at 644-7573.

Next week:

The 9 Lives of Carolyn Griffin

As suddenly as she appeared on the political scene three years ago, she's disappeared. Next week we'll tell the story ... all 9 of them.

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Classroom & Behind the Wheel

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POLICE IMPOUNDS, SEIZED VEHICLES & DONATED CARS TO THE SALVATION ARMY & OTHER CHARITABLE AGENCIES
SAT. NOV. 1: VIEW 8:30 A.M., SALE 10 A.M.
AUTOS, PICKUPS & MOTORCYCLES
ALL CARS RUN
$100 REFUNDABLE DEPOSIT
GLENVIEW TOWING
13216 HWY 8 BUSINESS EL CAJON
(BETWEEN GREENFIELD & LOS COCHES)
LIC. #2072 CASH ONLY

PACK 'N' SHIP Centers of America
(formerly Mail Boxes, Etc.)
1093 E. Main St., El Cajon
3¢ COPIES 500 MAXIMUM LIMIT With Coupon Exp. 11-30-97
UPS SHIPPING 5# or more $3 OFF With Coupon Exp. 11-30-97
$3/month MAIL BOX RENTALS • New acct. only With Coupon Exp. 11-30-97
KEYS Double side 98c Limit 5 79¢ Single side With Coupon Exp. 11-30-97
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50 POUNDS $69.95
10# CHUCK ROAST
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3# COUNTRY STYLE RIBS
10# FRYER CHICKENS CUT UP
5# GROUND BEEF
2# FRANKS
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2# SALAMI
3# BACON
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GROCERIES, PRODUCE & MEATS
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SPRING VALLEY
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10# GROUND BEEF
10# BEEF RIBS
15# CHICKENS CUT UP
15# END CUT PORK CHOPS
5# SAUSAGE
3# FRANKS
2# BOLOGNA
2# SALAMI
3# BACON
150 POUNDS $219.95
8# COUNTRY SPARE RIBS
10# ROUND STEAK
20# CHUCK ROAST
25# GROUND BEEF
25# FRYER CHICKENS
5# BBQ STEAK
20# END CUT PORK CHOPS
5# FRANKS
10# SAUSAGE
4# BOLOGNA
3# SALAMI
5# BACON
10# BEEF RIBS

Lemon Grove Fire Log

10/17/97 through 10/23/97

8300 blk. Palm St. Slumped over the wheel.
2800 blk. Massachusetts Ave. Reset alarms.
2200 blk. Morose St. Extinguished fire.
7000 blk. Broadway. Medical aid.
7900 blk. Lincoln St. Traffic accident.
3400 blk. Washington St. Abdominal pains.
1600 blk. Woodrow Ave. Person down.
7500 blk. Pacific Ave. Seizure.
2000 blk. Lemon Grove Ave. Vehicle fire.
3500 blk. Vista Ave. Vehicle fire.
2100 blk. Bonita St. Medical aid.
7800 blk. Broadway. Traffic accident.
Bonita St./El Prado Ave. Dog bite.
7600 blk. Broadway. Vehicle fire.
2800 blk. New Jersey Ave. Assist elderly.
2200 blk. Bonita St. Assist elderly.
7000 blk. Broadway. Difficulty breathing.
2100 blk. El Prado Ave. Arcing wires.
7000 blk. Casa Ln. Single engine response.
2800 blk. Lemon Grove Ave. Fall.
Buena Vista Ave./Broadway. Vehicle accident.
8100 blk. Jefferson St. Odor of natural gas/residential.
Cypress Ave./Arcadia St. Broken water main.
3200 blk. Buena Vista Ave. Assault victim.
8000 blk. Golden Ave. Assist invalid.
8100 blk. Broadway. Fall.
8000 blk. Lemon Grove Way. Seizure.
7400 blk. Canton Dr. Traffic accident.
2400 blk. Mc Knight Dr. Fall.
7800 blk. Broadway. Dumpster Fire.
1900 blk. Madera St. Fall.
7700 blk. Lansing Dr. Back pain.

Worship Directory

LEMON GROVE CONGREGATIONAL UNITED CHURCH OF CHRIST
2770 Glebe Road • Lemon Grove
Edward Pettis, Pastor
Sunday Worship & Church School 10:15 a.m.

Lemon Grove Assembly of God
Currently using the Mount Miguel High School at
1800 Sweetwater Road
Worship Service & Sunday School 10:00 a.m.
Nursery & Child Care provided
Pastor Jim Reed 697-7770

ST. JOHN OF THE CROSS CATHOLIC CHURCH
8086 BROADWAY
LEMON GROVE, CA 91945
PASTOR MSGR. EDWARD BROCKHAUS
Call Rectory for information and Mass Schedule. **466-3209**

LEMON GROVE LUTHERAN CHURCH
Loving God - Living Christ
Corner Skyline and Alton Drive
John R. Embree, Pastor
Telephone: 465-7301
Worship Services:
Traditional 9 a.m. Contemporary 10:30 a.m.
Sunday School 10:30 a.m.

The End of Your Search for a Friendly Bible Church
LEMON GROVE CHRISTIAN CHURCH
Worship: 9:00 & 10:40 AM Sun.; 6:00 PM Sat.
Uplifting Music, Sunday School, Nursery
Excellent Youth Ministry, Preschool and Daycare
465-1888 Church | Myron Wells Senior Minister | 465-1887 Preschool
6970 San Miguel Ave. Lemon Grove, 2 Blk W. of Mass.

Shouldn't your church be in the Worship Directory? Call 469-0101 for rates

Let the Lemon Grove community know that you are there!
For as little as $3.75 per week your church can be in the worship directory.

Only $22! Send your Fictitious Business Name to *The Lemon Grove Review*, Box 127, Lemon Grove, CA 91946

PUBLIC NOTICES

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No 97025775
The Name of the Business:
GJF ENTERPRISES
located at: 7107 Broadway, #236 in: Lemon Grove 91945 is hereby registered by the following owners:
GEORGE S. FULLER, JR.
1275 PURDY ST.
SPRING VALLEY, CA 91977
JANISUE V. FULLER
1275 PURDY ST.
SPRING VALLEY, CA 91977
This business is conducted by: Individuals - Husband and Wife
The transaction of business began on: October 01, 1997
Signature of Registrants:
GEORGE S. FULLER, JR.
JANISUE V. FULLER
This statement was filed with Gregory J. Smith the Recorder/ County Clerk of San Diego County on OCT 03, 1997
Lemon Grove Review
Oct. 9, 16, 23 & 30, 1997

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No 97026087
The Name of the Business:
ART'S RADIATOR SHOP
located at: 1404 Presioca St. in Spring Valley, CA 91977 is hereby registered by the following owner:
LEOBARDO ARTUROTREJO
1404 PRESIOCA ST.
SPRING VALLEY, CA 91977
This business is conducted by an Individual
The transaction of business began on: 10-1-97
Signature of Registrant
LEOBARDO ARTUROTREJO
This statement was filed with Gregory J. Smith the Recorder/ County Clerk of San Diego County on OCT. 07, 1997
Lemon Grove Review
Oct. 16, 23, 30 & Nov. 6, 1997

NOTICE OF TRUSTEE'S SALE
T.S. No. GM-36678-C
Loan No. 0301473005
YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 4/30/92 UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.
A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale.
TRUSTOR: MELQUIADEZ MONTIEL, AN UNMARRIED MAN
Duly Appointed Trustee: EXECUTIVE TRUSTEE SERVICES, INC.
Recorded 5/5/92 as Instrument No. 1992-0265776 in Book, page of Official Records in the office of the Recorder of SAN DIEGO County, California
Date of Sale: 11/13/97 at 12:00 PM
Place of Sale: AT THE ENTRANCE TO THE CITY HALL EAST, 300 NORTH COAST HIGHWAY, OCEANSIDE, CA
Amount of unpaid balance and other charges: $147,574.86
Street Address or other common designation of real property:
2111 REBECCA WAY
LEMON GROVE, CALIFORNIA 91945
APN # 503-482-88
The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale.
Date: October 01, 1997
EXECUTIVE TRUSTEE SERVICES, INC.
15455 SAN FERNANDO MISSION BLVD.
SUITE #208
MISSION HILLS, CA 91345
(818) 361-4488
RICK SNOKE
10/16/97, 10/23/97, 10/30/97
LEMON GROVE REVIEW

NOTICE TO BIDDERS
The Grossmont Union High School District will receive bids for purchase of
TREATED MOP, SHOP TOWEL, MAT, AND APPAREL CLEANING SERVICES DISTRICTWIDE FOR THE 1997-98 SCHOOL YEAR
Each bid shall be submitted on a form obtained at the Purchasing Department of said District, located at 1100 Murray Drive, El Cajon, CA 92020-5664 (mailing address: P.O. Box 1043, La Mesa, CA 91944-1043), shall be sealed and filed in said Purchasing Department on or before 2:00 p.m. on
NOVEMBER 14, 1997
and will be publicly opened and read aloud at that time and place.
The contract will be awarded to the lowest responsive, responsible bidder meeting specifications. The Grossmont Union High School District reserves the right to reject any or all bids, to accept or reject any one or more items of a bid or to waive any irregularities or informalities in the bids or in the bidding.
No bidder may withdraw his bid for a period of thirty (30) days after the date set for the opening of bids.
In the event of identical bids, the Governing Board may determine by lot which bid shall be accepted per Public Contract Code 20117.

Nadia Q. Davies
Clerk of the Governing Board
Grossmont Union High School District

Bid #2718

Lemon Grove Review
October 30 & Nov. 6, 1997

RESOLUTION NO. 97-46 OF THE BOARD OF DIRECTORS OF HELIX WATER DISTRICT FIXING THE DATE OF REGULAR MEETINGS OF THE BOARD OF DIRECTORS, EFFECTIVE JANUARY 7, 1998
IT IS HEREBY RESOLVED by the Board of Directors of Helix Water District that beginning with Wednesday, January 7, 1998, and continuing thereafter, the regular meetings of the Board of Directors of said Helix Water District shall be held at 2:00 p.m. on the first, third, and fourth Wednesdays of each month in the Boardroom of the Helix Water District, 8111 University Avenue, La Mesa, California.
The Secretary is hereby instructed to cause this resolution to be published once a week for two successive weeks in the Lemon Grove Review, La Mesa Forum, El Cajon Eagle, Spring Valley Bulletin, Lakeside Leader and Santee Star. These newspapers are of general circulation and published within the District (Water Code Section 21378).
PASSED, ADOPTED AND APPROVED this 15th day of October, 1997, by the following vote:
Ayes: Directors H. Warren Buckner, Barbara J. Barber, Lillian M. Childs, James J. Lewanski, and Harold W. Ball
Noes: None
Absent: None

Attest:

/s/ Lynn E. Young
Secretary

/s/H. Warren Buckner
President

Lemon Grove Review
Oct. 30 & Nov. 6, 1997

CITY OF LEMON GROVE COMMUNITY DEVELOPMENT DEPARTMENT NOTICE OF PUBLIC HEARING AND NOTICE OF FILING OF A NEGATIVE DECLARATION FOR A PROPOSED ZONE RECLASSIFICATION
NOTICE IS HEREBY GIVEN THAT the Planning Commission of the City of Lemon Grove will hold a public hearing on Monday, November 24, 1997, at 7:30 p.m. in the Lemon Grove Community Center, 3146 School Lane, Lemon Grove and
NOTICE IS HEREBY GIVEN THAT the City of of Lemon Grove will hold a public hearing on Tuesday, December 2, 1997 at 6:00 p.m. in the Lemon Grove Community Center, 3146 School Lane, Lemon Grove
SUBJECT: ZONE RECLASSIFICATION ZA97-07- CITY OF LEMON GROVE TO CONSIDER THE RECLASSIFICATION OF CERTAIN PROPERTIES FROM THE RESIDENTIAL MEDIUM/HIGH DENSITY (RM/H) ZONE AND THE RESIDENTIAL, PROFESSIONAL (RP) ZONE TO THE CENTRAL COMMERCIAL (CC) ZONE.
LOCATION: 3122 MAIN ST., 7730 CENTRAL AVE., 7750 CENTRAL AVE., LEMON GROVE
APPLICANT: CITY OF LEMON GROVE
At said hearing, any interested person may appear and be heard.
A Draft Negative Declaration of Environmental Impact has been filed by the City of Lemon Grove for this project. The Initial Study which has been prepared for this project is available for public review in the Office of the Community Development Department, 3232 Main Street, Lemon Grove, California 91945.
Written comments regarding the adequacy of this Negative Declaration must be submitted to the City of Lemon Grove Community Development Department, 3232 Main Street, Lemon Grove, California within twenty-one (21) days of the date of this Notice.
Questions regarding this hearing may be addressed to Mary Jo Wilson at 3232 Main Street, Lemon Grove, CA 91945-1797 and at (619) 464-6934 on weekdays between the hours of 8:00 A.M. and 5:30 P.M. City Hall is closed every other Friday.

LINDA S. NILES
COMMUNITY DEVELOPMENT DIRECTOR

IN COMPLIANCE WITH THE AMERICANS WITH DISABILITIES ACT (ADA), THE CITY WILL PROVIDE SPECIAL ACCOMMODATIONS FOR PERSONS WHO REQUIRE ASSISTANCE TO ACCESS, ATTEND AND/OR PARTICIPATE IN MEETINGS OF THE PLANNING COMMISSION. IF YOU REQUIRE SUCH ASSISTANCE, PLEASE CONTACT THE COMMUNITY DEVELOPMENT DEPARTMENT AT (619) 464-6934 AT LEAST FIVE DAYS PRIOR TO THE SCHEDULED MEETING.

Lemon Grove Review
October 30, 1997

NOTICE OF TRUSTEE'S SALE
TS No.: 97-0534-1323
Loan No.: 4255683
YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 11/20/95. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.
On 11/20/97 at 12:00 PM, LONESTAR MORTGAGEE SERVICES, L.L.C., as duly appointed Trustee under and pursuant to Deed of Trust recorded 11/22/95, as Instrument No.1995-0532823, in book , page , of Official Records in the office of the County Recorder of SAN DIEGO County, State of California. Executed by: RONALD HARRIS, SR AND MELVINA HARRIS HUSBAND AND WIFE.
WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States) AT THE ENTRANCE TO THE CITY HALL EAST, 300 NORTH COAST HIGHWAY, OCEANSIDE, CA
(NOTE: CASHIER'S CHECK(S) MUST BE MADE PAYABLE TO LONESTAR MORTGAGEE SERVICES, L.L.C.) all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as:
As more fully described in the above mentioned Deed of Trust. APN #577-620-32-00
The street address and other common designation, if any, of the real property described above is purported to be:
1999 DAIN DRIVE
LEMON GROVE, CA 91945
The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein.
Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust.
The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is $162,752.40.
The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located.
Date: October 28, 1997
LONESTAR MORTGAGEE SERVICES, L.L.C., as Trustee
Sylvia Loredo, Authorized Signature
Address: P.O. Box 515388, Dallas, Texas 75251-5388
FOR TRUSTEE'S SALE INFORMATION PLEASE CALL (626)398-5932
LONESTAR MORTGAGEE SERVICES, L.L.C. IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.
10/30/97, 11/6/97, 11/13/97
LEMON GROVE REVIEW

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No 97027117
The Name of the Business:
VALUE LINE ENTERPRISES
located at: 8557 Lemon Ave., #3 in: La Mesa 91941 is hereby registered by the following owner:
RONALD MILTON BROWN
8557 LEMON AVE., #3
LA MESA, CA 91941
This business is conducted by: an Individual
The transaction of business began on: 10-20-97
Signature of Registrant
RONALD M. BROWN
This statement was filed with Gregory J. Smith the Recorder/ County Clerk of San Diego County on OCT. 20, 1997
Lemon Grove Review
Oct. 30, Nov. 6, 13 & 20, 1997

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No 97027446
The Name of the Business:
ALL AMERICAN GENERAL CONTRACTING
located at: 3188 New Jersey Ave. in: Lemon Grove, CA 92045 is hereby registered by the following owner:
ROBERT J. IPPOLITO
3188 NEW JERSEY AVE.
LEMON GROVE, CA 92045
This business is conducted by: an Individual
The transaction of business began on: JUL 22, 1994
Signature of Registrant
ROBERT JAMES IPPOLITO
This statement was filed with Gregory J. Smith the Recorder/ County Clerk of San Diego County on OCT. 22, 1997
Lemon Grove Review
Oct. 30, Nov. 6, 13 & 20, 1997

NOTICE TO BIDDERS
The Grossmont Union High School District will receive bids for purchase of
NETWORK ROUTING EQUIPMENT FOR DISTRICT IMPLEMENTATION
Each bid shall be submitted on a form obtained at the Purchasing Depaartment of said District, located at 1100 Murray Drive, El Cajon, CA 92020-5664 (mailing address: P.O. Box 1043, La Mesa, CA 91944-1043), shall be sealed and filed in said Purchasing Department on or before 10:00 a.m. on
NOVEMBER 14, 1997
and will be publicly opened and read aloud at that time and place.
The contract will be awarded to the lowest responsive, responsible bidder meeting specifications. The Grossmont Union High School District reserves the right to reject any or all bids, to accept or reject any one or more items of a bid or to waive any irregularities or informalities in the bids or in the bidding.
No bidder may withdraw his bid for a period of thirty (30) days after the date set for the opening of bids.
In the event of identical bids, the Governing Board may determine by lot which bid shall be accepted per Public Contract Code 20117.

Nadia Q. Davies
Clerk of the Governing Board
Grossmont Union High School District

Bid# 2710

Spring Valley Bulletin
October 30 & November 6, 1997

NOTICE TO BIDDERS
The Grossmont Union High School District will receive bids for purchase of
GRADE REPORT MAILING SERVICES DISTRICTWIDE
Each bid shall be submitted on a form obtained at the Purchasing Department of said District, located at 1100 Murray Drive, El Cajon, CA 92020-5664 (mailing address: P.O. Box 1043, La Mesa, CA 91944-1043), shall be sealed and filed in said Purchasing Department on or before 10:00 a.m. on
November 7, 1997
and will be publicly opened and read aloud at that time and place.
The contract will be awarded to the lowest responsive, responsible bidder meeting specifications. The Grossmont Union High School District reserves the right to reject any or all bids, to accept or reject any one or more items of a bid or to waive any irregularities or informalities in the bids or in the bidding.
No bidder may withdraw his bid for a period of thirty (30) days after the date set for the opening of bids.
In the event of identical bids, the Governing Board may determine by lot which bid shall be accepted per Public Contract Code 20117.

Nadia Q. Davies
Clerk of the Governing Board
Grossmont Union High School District
Bid#2695

Lemon Grove Review
Oct. 23 & 30, 1997

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5330 Caminito Mindy, 92105	Condo, 2 BR 1.5 BA	**In Escrow**
3762 Arnold Ave., 92104	Condo 2 BR, 1.5 BA	**$63,900**

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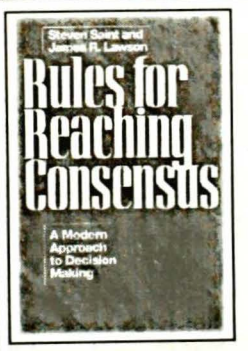

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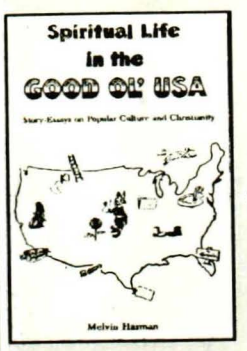

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BBB has some advice for inventors

Let's say you have a terrific idea for a new product or service, and you're ready to launch it commercially.

One option is to do all the manufacturing and marketing work yourself. Or, you could consider using the services of an invention promotion firm which could help get your idea to the marketplace.

Unfortunately, some inventors have paid thousands of dollars to such firms that promised to evaluate, develop, patent and market inventions, and received nothing for their money.

Recently, federal regulators charged several invention promotion firms with fraud from alleged scams the government said bilked thousands of entrepreneurs of more than $90 million. The firms allegedly misled inventors into believing their products were marketable so they could collect hefty consulting fees.

"The problem is it's often difficult to identify the fraudulent invention promotion firms because legitimate and honest firms use similar advertising and sales strategies as the dishonest and unscrupulous ones," said Gerry Wilson, local president of the Better Business Bureau (BBB) of San Diego and Imperial Counties.

The BBB offers the following recommendations if you're thinking about working with an invention promotion firm:

—Early in your discussions with a promotional firm, ask for the total cost of its services. Decide on compensation up front. Consider it a warning if the salesperson hesitates to answer.

—Avoid high-pressure sales tactics. If a salesperson is making outrageous claims or is unreasonable or rude, go elsewhere.

When somebody promises you quick money or a "guarantee," your best line of defense is a healthy skepticism.

—Make sure your contract contains all agreed upon terms, written and verbal, before you sign. Ask an attorney to review the agreement.

—Require the firm to check on existing invention patents. Because unscrupulous firms will promote virtually any idea without regard to its patentability, they may unwittingly promote an idea for which someone already has a valid, unexpired patent. This means that even if the promotional efforts on your invention are successful, you could be the target of a patent infringement lawsuit. Checking with a knowledgeable patent attorney could save you thousands.

—Firms will claim to have access to manufacturers that are looking for new product ideas or are specifically interested in licensing your product. But these claims can be false or exaggerated. Therefore, ask for proof of such a relationship before sending money or signing a contract.

—Look for firms with employees who have a broad mix of educational and professional credentials. Ask for references. If you have doubts, talk to local lawyers or accountants with whom the firm does business.

—Be careful of a firm that offers to review or evaluate your invention but won't disclose details about criteria, system of review and qualifications of company evaluators.

Evaluations from questionable firms may consist of vague and general statements and provide no hard evidence that there is a market for your invention. On the other hand, evaluations from reputable companies, which may cost several hundred dollars, will deal with specifics. Ask what specific information you will receive before you pay for a report on your idea.

—Investigate the company before you make any commitments. Contact the BBB's 24-hour Consumer Helpline at 496-2131 or 1-800-600-7050 to find out if there is any unresolved consumer complaints about the firm. Before making a buying decision, all consumers are encouraged to contact the BBB to obtain free, specific information about a company, along with a list from BBB files of local member companies in a particular type of business.

The Bureau, a non-profit organization supported by more than 2,800 local member businesses, provides the largest free service of its kind to San Diego consumers with reports on more than 35,000 local businesses. Now in its 75th year of service in San Diego County promotes fair and ethical business standards that protect the marketplace to the benefit of the consumer and businessperson.

Jazz ensemble set to perform

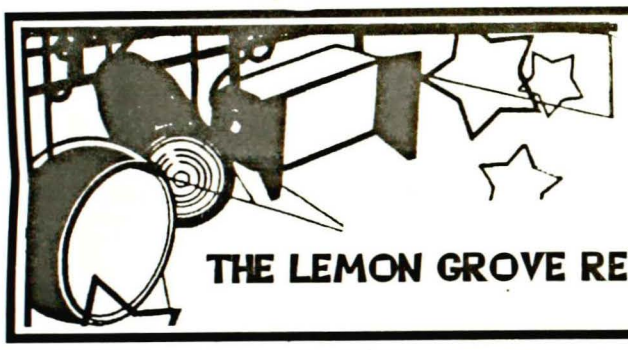
The Grossmont College Jazz Ensemble with Paul Kurokawa as music director will perform at 7:30 p.m. on Nov. 6 at the East County Performing Arts Center, 210 East Main St., in El Cajon.

Admission prices are $5 and $3 per person.

All proceeds and donations are used solely for the benefit of Grossmont College Music Department students. For further information call 644-7255.

East County Theater Guide

Christian Community Theatre
East County Performing Arts Center
210 E. Main St., El Cajon (588-0206)
"Annie" by Thomas Meehan, Charles Strouse & Martin Charnin
7:30 p.m., Oct. 24, 25, 30, 31 & Nov.1
2 p.m. on Oct. 26 & Nov. 2
Tickets: $10 -$12



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